

From the Chair of the Hypnotherapist: Depression Isn't Just Being a Bit Sad



The Edinburgh Reporter's Mike Smith is a qualified hypnotherapist. In the latest of a series of articles, Mike looks at some attitudes to mental health and how hypnotherapy can be hugely beneficial.

Mental health issues are very much in the news at present. The Prime Minister, Theresa May, has spoken about her government tackling these issues, creating a 'shared society' and creating a 'fairer and stronger Britain'.

Fine words – but the more cynical among us will wonder if anything will really be done to tackle this major issue. After all, old habits die hard.

Mental health issues, including depression, affect nearly a quarter of the population. In Scotland, that is over a million people. That's a staggering statistic. Yet, for too many employers there remains a stigma attached to mental health. How many times have you heard someone at your work – possibly your manager – sniping that so-and-so isn't coming into work because they're 'depressed'? (sometimes accompanied with a gesture of tapping their fingers in the air in a derogatory fashion)

Depression is often misinterpreted as 'just feeling a bit low'. But those who experience depression know it's much more than that. The low mood can feed feelings of anxiety and of everything going wrong. This isn't just 'having a bad day'. For those who wake up feeling the same way every day, depression is something which can seem to never go away.

There can be feelings of despair, feelings of helplessness and of feeling worthless. You may recognise some of these phrases:

- I'm just not good enough.
- Nothing ever goes right for me.
- I would be out of my depth.
- There's just no point.
- I'm just not going to bother.

When these feelings occur day in, day out, week in, week out, it can lead to serious mental health problems.

So, what triggers feelings of depression? Everyone is different so depression can affect someone for any number of reasons. It could be due to a trauma such as the death of a loved one, the break-up of a relationship or the loss of a job. It could be an incident or situation from the past which can lie dormant for years but then suddenly rise to the surface. Or it could be feelings of guilt over something someone believes was their fault.

But feelings of depression don't need to have a trigger. I had a client who told me he can cope better with life when he has a specific worry or concern as this issue focuses his mind and he can concentrate better. He told me it's when things are generally going okay at work, his relationship with his partner is good and his family are fine that his feelings of depression come – his 'dark clouds' to quote him direct.

Then there's the huge expectation placed on us by the nature of today's society. In this internet dominated, instant communication, constantly demanding world there are huge expectations placed on many of us. There is huge pressure on people to be successful, to make something of their life, to develop new skills in an ever-changing world. When our phone rings we immediately answer it. We surf the net constantly, we scour social media websites often looking for recognition and approval of status. Sometimes, I think it would be good to

travel back in time to a period before mobile phones and the internet, before society demanded so much from us. It seems life was so much simpler then although it probably wasn't – it just seems that way.

When people find it difficult to cope with these demands they can feel overwhelmed and feel they can't cope. This can be a breeding ground for depression and other mental health issues. And when they feel they are unable to seek help or perhaps don't want to seek help for fear of being seen as 'weak' this can compound the issue. A feeling of being unable to cope can lead to feeling worthless and feeling fatigued. It's much more than being 'fed up'.

Hypnotherapy can help to change ways of thinking. It can replace negative thoughts and habits with more favourable thoughts and feelings. Negative thinking can be habit-forming – and hypnotherapy can change your unwanted habits. It can strengthen your confidence and, in turn, increase your self-esteem. Your feelings of worthlessness will recede and gradually you will have a new view of your life.

Hypnotherapy can take away unwanted feelings and help you run your life the way you want to. Through carefully created, bespoke scripts devised by a fully qualified hypnotherapist, it can replace your negative habits with positive ones. You are not 'put to sleep' like hypnosis stage shows. You are awake and fully aware at all times. You are in control and you will never do anything you don't want to do.

If you are experiencing any of the above feelings and are looking for a holistic approach to resolving your unwanted habits, please contact me on the contact details below to arrange a consultation meeting. I will answer any questions you may have and you can then decide if hypnotherapy is for you. Many people have contacted me and have changed their lives for the better.

You can too!

tel: 0752 135 3787 (24 hours)

email: mike.smith@mgs-hypnotherapy-services.co.uk

twitter: @smith_mgs

[Mind Generating Success](#)

Ross Laidlaw says Dumbarton victory was 'massive' for Hibs



Hibs keeper Ross Laidlaw was happy with his own performance in yesterday's 1-0 win over Dumbarton but he insisted that taking the 3 points was more important than personal glory.

The former Raith Rovers goalkeeper retained his place despite first choice Ofir Marciano returning from injury and he rewarded Neil Lennon's faith in him with a fine performance and a clean sheet.

Hibs took an early lead through on-loan Kris Commons and Laidlaw produced several vital saves to help secure the victory.

After beating nearest rivals Dundee United last week, everyone

connected to the club recognised the importance of not slipping up at the cheaper Insurance Direct Stadium and with United drawing at home to Queen of the South it turned out to be a very good day for Neil Lennon's men.

The results meant that Hibs are now six points clear of United and have a vastly superior goal difference.

Whilst no-one wants to tempt fate there is a feeling around Easter Road that Hibs are on their way back to the top flight.

After the game Laidlaw told Hibernian TV: "It was a massive result beating Dundee United last week and we knew that this would be a tough game. The pitch isn't great and the boys did really well to grind out the three point and another clean sheet.

"The manager (Neil Lennon) said I'd done really well which was nice to hear that from him.

"I though I did well today. Sometimes you don't have anything to do and sometimes you have a few saves to make so it was good to make a few saves and keep a clean sheet. Obviously the three points were massive for the team today.

"The main thing is keeping a clean sheet and getting the win. You want to show what you can do but sometimes, especially at Easter Road teams sit in and you don't have a lot to do so it's good sometimes coming away from home and getting a few saves.

"After the game the manager said that we are not going to play pretty football all the time and getting the result is the most important thing.

"It wasn't the greatest performance today although we did have chances."

Laidlaw also paid tribute to commons whose emergency loan contract runs out today and the keeper is hoping that he will

remain at Easter Road at least until the end of the season.

He continued: "Kris (Commons) has been brilliant in the four games he has played and it's been good for the dressing room as well. The boys have really taken to him so hopefully he can stay."

Persevered Tour reaches final stages at Hibs' Supporters Club this afternoon



The Persevered Tour reaches it's final stages this afternoon at the Hibs' Supporters Club in Sunnyside Place.

Sponsored by the Hibernian Supporters Association, the Persevered Tour has reached over 50,000 people in 200+ visits to schools, supporters clubs, juvenile football clubs, businesses and more since August, and the tour is now winding down ahead of Hibernian's first match in this year's William Hill Scottish Cup competition.

The first event was a family fun day at the Hibs Club, and now the Scottish Cup is coming back for one final visit as part of the tour.

Lewis Stevenson will be making a guest appearance between 12pm and 2pm, with the event on from 12pm-4pm.

Entry is free, with photo opportunities with the Scottish Cup,

children's entertainment and more.

Hibs start their defence of the tournament at Tynecastle next Saturday against Bonnyrigg Rose.

Hibs move six points clear at top of Championship following victory over Dumbarton



Hibs hopes of automatic promotion were given a huge boost this afternoon following a hard fought 1-0 win over Dumbarton at the Cheaper Insurance Direct Stadium.

With Dundee United drawing 3-3 with Queen of the South at Tannadice, Hibs now sit six points clear at the top of the Championship.

Neil Lennon made two changes to the starting XI that comprehensively beat Dundee United last Friday night. Liam Fontaine replaced Paul Hanlon and Fraser Fyvie returned from injury to take Dylan McGeouch's place.

Dumbarton handed a debut to former St Mirren midfielder Stuart Carswell whilst the other new signing, ex Rangers' youngster Tom Lang started on the bench alongside former Hearts' striker Christian Nade.

The game was refereed by Nick Walsh who wrongly sent off Marvin Bartley when Hibs played Ayr United at Easter Road earlier in the season.

Both sides sized each other out in the opening period before Hibs took the lead in the 15th minute with the first chance of the game. Kris Commons, playing the last game of his short term loan, picked up the ball in midfield and found Chris Humphrey on the right wing.

Commons continued his run into the box and when Humphrey's cross was headed out it fell to the on-loan midfielder who calmly guided the ball into the bottom corner of the net.

Dumbarton fought back and dominated possession for a period. Ross Laidlaw did well to prevent both Robert Thomson and Lewis Vaughn from equalising.

Commons had a chance to double Hibs' lead but his powerful 25 yard strike was straight at Alan Martin.

Just before the break, Smith was booked for a foul on Martin Boyle 30 yards from goal and Commons' free kick struck the wall before being cleared.

Hibs started the second half brightly and Martin did well to save from Lewis Stevenson before Humphrey fired inches wide.

Some good defending from David Gray prevented Thomson then Vaughan beat three defenders but produced a superb block to keep the scores level.

Gray then headed the ball off the line as Dumbarton fought hard for an equaliser.

Dumbarton replaced Thomson with Nade whilst Lennon replaced Cummings and Humphrey with Grant Holt and John McGinn.

Holt almost scored immediately but his header flew inches over the bar,

The home fans appealed for a penalty when Gray brought down Stirling on the edge of the box but the referee gave a free kick instead which Vaughan fired into the wall.

Hibs then replaced goal scorer Commons with defender Jordon Forster and Boyle almost wrapped things up with eight minutes remaining after latching onto a Holt flick but his shot went agonisingly wide.

McGinn was brought down on the edge of the area and he took the resultant free kick but he was unable to hit the target.

Holt then went close after a stramash inside the six yard box but the 'Sons defenders managed to clear the ball.

Dumbarton passed up a great chance to equalise in the dying minute when Nade missed an open goal from three yards out after being unable to control Stirling's powerful low cross with Laidlaw stranded and Hibs held on to secure a valuable three points.

After the game Lennon told BBC Scotland: "It was a very tough game. Dumbarton are on the up. There's no question that Stevie Aitken is doing a great job here.

"It's a difficult pitch but that's no excuse. Dumbarton put us under pressure and we had to see it out. It's a fantastic win and we missed good chances to make it a more flattering scoreline.

"Kris Commons is brilliant. He's not been as fit as we'd like him to be but he's a class player.

"We'll see how Kris is feeling about things [extending his emergency loan] and discuss it next week. Obviously, we'd like to keep hold of him but finances will dictate that."

Dumbarton: Martin, Docherty, Buchanan, Carswell, Fleming, Thomson, Harvie, Barr, Smith, Stirling, Vaughan. Subs Brown, Lang, McCallum, Nade

Hibs: Laidlaw, Gray, Fontaine, McGregor, Stevenson, Bartley, Fyvie, Boyle, Commons, Humphrey, Cummings. Subs Marciano, Forster, McGinn, Holt, Keatings, Shinnie, Graham

Referee Nick Walsh

Attendance 1523

Contact us now about our next print edition



Our next print edition will be published on 31 March 2017. If you would like to be featured in it then get in touch.

We are now looking for local stories, and for sponsors and advertisers. We will have at least 20 pages to fill full of information for local people and for visitors.

Our headline story featured the children and parents of The Royal Mile Primary School who are trying to raise funds for a new school playground. They have now raised nearly a third of the £60,000 that will be needed. If you would like to help them then [have a look at their Go Fund Me page.](#)

In case you missed it here is the most recent edition printed and distributed at the end of November 2016.



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Drones delivering packages in cities won't take off – here's why

by [Richard Andrew Williams](#), [Heriot-Watt University](#)

You may have gasped with disbelief the first time you saw a photograph of a drone home-delivering a box from Amazon or cakes from a bakery or carrying a bag of crisps. Until recently, this was the stuff of science fiction. Your initial reaction was probably: “Amazing ... but will it ever take off?”



Drones – or unmanned aerial vehicles, as we once called them – have now become capable of lifting and delivering on the back of continued research and technological ingenuity. Amazon has recently been trialling drones [in Australia](#) and [the UK](#), but don't get too excited: this is likely to be an exception rather than a norm. The practical reality of using drones in cities remains far away and is getting ever more distant.

There are already too many potential problems to let drones fly with sufficiently loose restrictions in cities to make a delivery business viable. One major issue is drones interfering with aircraft, thanks to surging numbers of [near-misses](#). Drones are also [increasingly](#) being used to fly drugs and other contraband into prisons.

In the US, there have been [fears about](#) camera-equipped drones stalking celebrities for paparazzi. There have also been stories about invasive drone surveillance, both on behalf of [the state](#) and [private individuals](#).

Drone law

The biggest backlog of legal cases in the US [is reportedly](#) drone claims over issues including safety, noise, damage, personal intrusion and privacy. The whole area is a growing business for lawyers, with [drone law journals](#) springing up and fierce debates over whether, [for example](#), drones fall within the definition of aircraft for legal purposes.

New US flight rules introduced last August did lead some optimists to [predict](#) a new business opportunity that could create 100,000 new jobs, but the reality is that the whole sector is in a mess. The US Federal Aviation Authority [has explicitly](#) said drone deliveries are off limits, at least pending further research into their consequences.

At the same time, technologies are emerging that are designed to down drones. Your initial reaction might be that these will never work either, but I'm not so sure.

A great recent [British engineering invention](#) is the SkyWall100. It looks like a bazooka gun and uses laser-guided targeting to fire a ball. This opens into a net that engulfs the drone and brings it to earth under a parachute. It went on sale late last year and is retailing at between £50,000 and £65,000 depending on the size of the order. So far, it has attracted a promising level of interest.

The SkyWall100 is safer and less messy than shooting down drones with bullets, yet it opens up a cavern of legal ambiguities. In the UK, for example, it's classed as a firearm so can only be owned by someone with the appropriate licence – restricting them mainly to the police or military. The US has

looser firearm restrictions, of course, but firearms still generally can't be discharged within city limits. However, the SkyWall100 is not classified as a firearm in the US, so it can be discharged anywhere.

Among [other techniques](#) for taking out drones, one is the Battelle DroneDefender, which is a large gun that fires a "cone of energy" at a device that disrupts GPS systems. So far, these are only in use by the military and not permitted for public sale.

Going down ...

If the likes of the SkyWall100 are going to let people prevent drones from moving over their private property to avoid their nuisance, noise and frankly hazard of failure, a new sport of "drone downing" could easily become extremely popular in the coming years – at least in America. Drone-downing raises the alluring prospect of capturing free booty if it strays illegally into your property. So what constitutes illegal?

While I stress I am no lawyer, the US rules for protecting your drone from such potshots [would appear](#) to be [as follows](#). It must weigh less than 25kg and can't be out of your line of sight or higher than 400ft in the air. It can only be flown in daylight, and at dawn and dusk it needs special lights to make it visible. It also can't be flown over groups of people or near stadiums or airports.



Mission: impossible?

[Alex Kee](#)

In the UK, [the rules](#) are similar, but with slightly tougher weight restrictions and additional requirements – it must be at least 150 metres from a building and 50 metres from a person or vehicle. If I was planning to build a shopping or pizza delivery business based on using drones that delivered to homes in cities, restrictions like these would make me more

than a little jittery.

Put all this together and it's virtually impossible to see drone deliveries becoming viable in cities. It might be a different story in remote locations where special deliveries may be deemed acceptable and welcomed, but otherwise I'm afraid this is one vision of the future that has no chance of coming to pass. It is an example of a clearly brilliant concept that is colliding badly with human nature and reality.

[Richard Andrew Williams](#), Principal and Vice Chancellor,
[Heriot-Watt University](#)

This article was originally published on [The Conversation](#).
Read the [original article](#).

Ice Hockey – MacDougall sits out as Capitals travel to Braehead



Photo courtesy of Ian Coyle/Edinburgh Capitals

Taylor MacDougall sits out Edinburgh Capitals visit to Braehead Clan on Saturday night because of a shoulder injury. The absence of the lanky forward is a blow for coach Michal Dobron who is pushing for a play-off slot.

Both clubs come into the clash after back-to-back defeats and Clan hold the upper hand on games between the sides this term. They have won three of the four Elite League meetings and the statistics include a 3-2 victory in the only trip Capitals

have made to Glasgow so far this season.

Capitals now have 19 points from 29 fixtures and prop up the ten-strong league table while Clan are sixth with 32 points from the same number of games.

The Edinburgh club are chasing Coventry Blaze who are in the eighth and final play-off spot and they have 26 points from 32 games.

Clan star Matt Keith has a major incentive as he requires only two assists to reach 100 in all Elite League competitions and indications are that Braehead will be roared on by another huge crowd.

Dobron was heartened by the display from his men in the 5-2 defeat at high-flying Sheffield Steelers on Wednesday.

He said: "We played much better than we did in Dundee but we didn't score when we had chances but I am looking for four points from this weekend.

"We visit Braehead and then have Fife here in Edinburgh (on Sunday) and we have to look at our mistakes and I hope we learn from them."

The Czech Republic-born defenceman remains up-beat about Capitals chances of making the play-offs.

And he said: "This is a very important weekend for us and I think we miss only one guy and we still believe we can qualify for the play-offs."

Come and Sing Workshop with Bob Chilcott



Join Waverley Care for this exciting opportunity to experience a day's singing with world renowned choral composer and

conductor, Bob Chilcott.

Bob, who is a patron of Waverley Care, is once again bringing his infectious enthusiasm to Edinburgh as he runs another of his immensely popular workshop days. Bob has been described by the Observer newspaper as “a contemporary hero of British choral music”, and this is a fantastic opportunity to sing under his baton.

One of the most performed composers of choral music in the world, Bob’s extensive catalogue is published by Oxford University Press. This workshop session will give you the opportunity to learn a number of his works, and will close with an informal performance, to which you can invite friends and family for free.

This event is part of the Edinburgh Student Arts Festival, and Waverley Care is delighted to welcome the Edinburgh University Singers, conducted by John Kitchen, to perform a small number of songs by Bob during the informal performance.

Date: Saturday 11th February 2017

Time: Rehearsal 10am – 4.15pm, including an informal performance at 3.15pm to which all are welcome

Venue: St Cuthbert’s Church, Lothian Road, Edinburgh, EH1 2EP

Ticket details [here](#)

**Dylan McGeough looking for a
positive result at the**

Cheaper Insurance Direct Stadium



Hibs' midfielder Dylan McGeouch has his sights firmly set on today's game Dumbarton and getting a positive result at the Cheaper Insurance Direct Stadium.

The Easter Road side are currently four points clear of second placed Dundee United in the race for automatic promotion after last Friday's emphatic 3-0 victory.

United face Queen of the South at Tannadice but McGeouch insists that he and his team mates will be concentrating on their own form rather than looking northwards.

He also praised the contribution of the supporters who have once again sold out their ticket allocation.

McGeouch told Hibernian TV: " I am looking forward to the game against Dumbarton. It's been a good week with a good result at home against Dundee United and we are ready to go this weekend and hopefully get a good result.

"The boys are buzzing after the United game and everyone did their job. I thought we did well in an attacking sense and Jason (Cummings) popped up with two goals which was great.

"We don't want to undo the good work that we've done by dropping points away to Dumbarton this weekend. We need to build on that result.

"The next game is the most important one, so we'll be looking at getting three points and moving onto the week after.

"I've had a couple of games on the trot now and hopefully I can keep myself in the team and that's what I want to do.

“There is strong competition in the squad and that’s healthy for the club with everyone fighting for the spot but I hope to keep the jersey.

“The fans have been great. Everywhere we go we can hear them in great numbers so credit to them. It’s great to see the fans and hopefully we can put on a good performance for them.”

CCTV images released following assault at Shanghai Nightclub



Police have released CCTV images of a man they wish to trace in connection with an assault on a 25-year-old woman that occurred in a city centre nightclub. The incident took place around 2.40am on Sunday 26th June 2016. Detectives believe the man pictured within the images is of interest to the ongoing investigation and would ask anyone who recognises him to come forward.

This male is described as white, 25-28 years old, about 6ft, medium build, short dark hair, short, groomed dark beard. He was wearing a light blue shirt, dark jeans and black trainers with a white sole at the time of the assault and he spoke with a strong Edinburgh accent.

Detective Constable Aisling Corduff of Edinburgh’s Public Protection Unit said: “This has understandably been a very

distressing incident for the young woman involved and we've been conducting a number of enquiries since then. The man pictured is believed to be of significance to our investigation, and we would urge anyone who recognises him to come forward as soon as possible. Anyone with information can call Police Scotland on 101 or contact Crimestoppers in complete anonymity on 0800 555 111."

Police release CCTV images following public indecency offence in Broomhall Avenue



Police have released CCTV images of a man they wish to trace in connection with a public indecency offence in Broomhall Avenue. The incident took place around 2.30am on Sunday 12th June. Detectives believe the man pictured within the images is of interest to the ongoing investigation and would ask anyone who recognises him to come forward.

The man is described as white, 25-30 years old, 5ft 10inches – 6ft tall, of medium build, with short dark hair, and stubble or a short beard. He was wearing a navy blue zip-up hooded top with white stripes down the sleeves, a light-coloured t-shirt, navy blue tracksuit bottoms with purple stripes, and black shoes.

Detective Constable Mike Haddock of Edinburgh's Public Protection Unit said: "This has understandably been extremely distressing for the victim involved and we've been conducting a number of enquiries since then. The man pictured is believed

to be of significance to our investigation, and we'd urge anyone who recognises him to come forward as soon as possible."

Anyone with information can call Police Scotland on 101 or contact Crimestoppers in complete anonymity on 0800 555 111.

Garry Parker expects tough game against Dumbarton



Neil Lennon's assistant Garry Parker is expecting a tough game against Dumbarton at the Cheaper Insurance Direct Stadium tomorrow but he is determined to keep the fans happy with a victory.

Hibs have sold all their tickets to the game and Parker is delighted with the backing.

He also revealed that Kris Commons is due to have discussions regarding his future after the game and suggested that Fraser Fyvie may be fit enough to earn a place on the bench.

Parker told Hibernian TV: "It was a great result against Dundee United, but this is a different type of game going away to Dumbarton.

"Conditions might be bad, it's a small pitch and they'll be in our faces. It's up to us to plough on and get the three points.

"Dundee United have been there and got beat but we are looking forward to the game. We are in a good place so we will go

there and give it our best shot.

“We had John McGinn back on Friday and he came on and scored a goal and Fraser Fyvie might be on the bench. We will see how he is after training.

“Chris Commons will also be in the squad and he will have discussions with the manager after the game about his future.

“We have good fans. Sometimes we don’t play that well and they get right behind us. We want to keep them happy and keep winning and stay at the top of the league and that will keep them happy.

Speedway – Masters goes head-to-head with former teammate for Aussie glory

✖ SAM Masters will go head-to-head with his former Edinburgh Monarchs team-mate Justin Sedgmen for the Australian Championship at Kurri Kurri on Saturday.

Sedgmen took victory in Round 3 at Undera on Wednesday with Masters matching his 17-point total so Sedgmen leads the four-match series by three points.

Masters said: “It was a good day for me at Undera and I was pleased to pick up 17 points. It would have been nicer if I was less than three points off Sedgy at the top though as he’s going pretty fast at the moment!

“Saturday at Kurri Kurri is definitely going to be interesting, especially as the weather forecast looks pretty

dodgy.

"I'm looking forward to it, and at the end of the day whatever is meant to be will be."

Missing man Tony Russell found safe and well



Police have confirmed that Anthony Russell has been traced safe and well.

The 26-year-old was found within the Sighthill area of the city at around 10.15 a.m this morning.

Police have thanked the public for their assistance with this appeal.

Scottish SPCA seeks new home for Staffordshire Bull Terrier 'Buster'



The Scottish SPCA is seeking a new home for Buster the Staffordshire Bull Terrier, who has been at the Edinburgh Animal Rescue and Rehoming Centre for over a year and 10

months.

Scotland's animal welfare charity is hoping that 2017 is the year that Buster finds his new forever home.

Centre manager Diane Aitchison said, "Sadly Buster has been with us for nearly 2 years.

"He came into our care through no fault of his own with two other dogs, unfortunately he hasn't managed to find his forever home yet. "Buster is a friendly boy, who loves people and will use any excuse to get a cuddle. He's won over all the staff with his cheeky personality.

"He loves attention, so would need to be the only pet in the home and wouldn't be suitable for a family with young children. "He's had training and is happy to do a few tricks; he will sit, give a paw, and even help you put his harness on. "While we're very fond of having Buster here, it would be wonderful if 2017 proved to be the year he found his new forever home."

Anyone who can offer Buster a new home is being asked to contact the Scottish SPCA's Edinburgh centre on 03000 999 999.

Photo by Scottish SPCA

Stubbs and Doolan back for Bonnyrigg Rose cup tie



Scottish cup winning coaches Alan Stubbs and John Doolan will be in the Hibernian Hospitality ahead of the William Hill

Scottish Cup clash with Bonnyrigg Rose next Saturday.

The pair were in charge when Hibs beat Rangers 3-2 to finally win the Scottish Cup after a wait of 114 years.

That was their last game in charge and both left to join Rotherham United in the summer.

Hibs fans have been kept to say thank you to the pair and will have the opportunity next week.

They will be interviewed pre-match in the Easter Road hospitality suites, with guests gaining access to a hot buffet, cash bar and complimentary drink on arrival.

Supporters will then be transported to Tynecastle for the match, with the package including a match ticket for the game.

Supporters should note that there is no hospitality at the match and no return transport from Tynecastle post-match.

The packages are priced at £75 per person and £40 for those aged 17 and under and includes:

- Match ticket
- Arrival complimentary beer & wine at your table
- Event host
- Hot buffet
- Cash bar facility with table service
- Transport to Tynecastle
- Car parking facility at Easter Road

Those interested should e-mail lmccathie@hibernianfc.co.uk including their name, contact number, client reference number and the number of places required.

Increased concern for missing Edinburgh man Tony Russell



Police are appealing for information to help trace Anthony Russell, who is known as Tony, who was last seen around 10.30 am on Thursday 12th January, leaving his home address in Calder Place.

Since then, the 26-year-old has not been in contact with family and concern is now growing for his welfare.

Tony is described as being white, 6ft1in tall, of slim build with short dark brown hair.

He was wearing a black jacket, black jogging bottoms and light coloured trainers.

Officers are now keen to speak to anyone who may have seen Tony.

Inspector Graeme Dignan of Drylaw police station said: "We are getting increasingly concerned for Tony's welfare as he has not been seen since Thursday morning.

"I would ask anyone who knows his whereabouts to please get in touch.

"Similarly if Tony himself sees this appeal, I would ask him to contact officers or his family to let them know he is safe and well."

Anyone with information is asked to contact police on 101.

Letter from Scotland



In another example of how fragile modern Scotland has become, The Forth Bridge had to be closed on Wednesday morning when a lorry was blown over in high winds and much of central Scotland was reduced to traffic chaos.

All other bridges on the River Forth were soon clogged. Angry commuters were stuck for hours in long traffic jams.

The 40 tonne lorry was on its way north at two o'clock in the morning when the driver appears to have taken a chance and ignored the warning signs that the bridge was closed to high-sided vehicles because of high winds. He was almost across when a gust of wind caught the lorry broadside and sent it crashing through the central barrier and overturning on the opposite carriageway.

Recovery on [@forthroadbridge](#) underway – however there has been (non-structural) damage to the bridge so recovery complex. Will update [pic.twitter.com/BcdGp6TpIq](#)

– Humza Yousaf (@HumzaYousaf) [11 January 2017](#)

The driver was not badly hurt but the bridge had to be immediately closed. It remained so all day, till nine in the evening. Rescue crews had to wait till the winds died down to get a crane out to the lift the lorry back onto its wheels. Some 40 metres of the central barrier then had to be repaired.

In parliament, MSPs were keen to praise the bridge engineers for getting things back to normal as quickly as they did in

such windy, cold and wet conditions. But they were also anxious to know when the new bridge would be ready for service. "In July," said the first minister, Nicola Sturgeon, brushing aside unkind reminders that it was supposed to be open by now.

Again the weather was to blame for that delay. And this week we've had some evidence, at last, that winter in Scotland can still mean icy blasts from the arctic. We've had snow closing roads from the Highlands to the Borders, winds of 60 miles an hour causing ferry sailing to be cancelled, and temperatures down to minus 8 Celsius.

But there were other reminders that we live in fragile times. Ms Sturgeon faced questions about the pressures on the NHS, with the usual winter stories of hospital patients waiting for hours on trolleys and "bed blocking".

The opposition parties were particularly critical about the delay in creating "trauma centres" in each of our four main cities. It turns out that they are not to be centres at all, not new buildings, but better ways of co-ordinating existing hospitals and ambulance services so that people with serious life-threatening conditions can be taken direct to one of the four main hospitals. And, of course, Ms Sturgeon pointed that Scotland's NHS is in much better shape than the NHS in England, performing 10 per cent better in accident and emergency units, for instance.

Brexit always makes us feel a little fragile here in Scotland and so it proved this week when the Prime Minister, Theresa May said we couldn't choose to remain in "bits" of the European Union. Well, replied Ms Sturgeon, if that means that we are heading towards a "hard Brexit" then Scotland would have to hold another referendum on independence...if not this year, then soon.

As if to underline Scotland's wish to stay part of Europe, MPs

voted on Tuesday to oppose replacing the European Convention of Human Rights with a British Bill of Rights. Only the Conservatives supported Mrs May's "repatriation" of rights, saying the other parties were being alarmist in suggesting that anyone would lose any rights.

Local MSP Ben Macpherson had a lot to say about human rights at Holyrood:

The Scottish Labour Party, meanwhile, has been trying to get away from Labour's slight confusion over Europe by launching its manifesto for the local council elections, due in early May. It wants to put an extra penny on income tax to spend more on education and allow councils to introduce two new taxes, a tourist tax (bringing in an estimated £70m a year) and a tax on vacant land (bringing in £75m). The party's deputy leader Alex Rowley said; "We've got to have an honest discussion about the type of public services we want, and how we pay for them."

Here in Edinburgh for example the city council has been wrestling with the problem of how to fund the city's various festivals at a time when its budget is being cut. It's considering cutting the Christmas and Hogmanay contracts by 40 per cent from its current £1.3m – and this at a time when they have just reported record visitor numbers and a boost to the local economy of £240m.

Of course, such choices over public spending have always been with us. In ancient Egypt, to take a ridiculous example, they spent a fortune burying their royal families. In one tomb, in Luxor, ten princesses were buried in some splendour, along with a delicately carved perfume box. The box, in pieces, was brought back to the National Museum in Edinburgh by the Scottish archaeologist Alexander Henry Rhind in the 1850s.

Some of the pieces, however, were missing and this week we learnt that an art dealer in London has found them. They've

been bought by the Museum for £20,000 and the complete perfume box will go on display in March.

It all goes to show that something that is fragile, even broken, can be put together again, given a little good luck and a lot of time.

Turn your Christmas cards into trees!

The first Christmas card was commissioned by Sir Henry Cole in 1843 to persuade the British public to use the new Penny Post. The card showed three generations of a family raising a toast to the card's recipient: on either side were scenes of charity, with food and clothing being given to the poor.

Many a card has been sent over the ensuing 173 Christmases, and today many cards are sold in aid of charities – but what happens to those cards when the festivities are over? Are you currently looking at a pile of them, wondering whether you should try to make them into next year's gift tags or simply put them out with the recycling? Do you feel a tiny bit guilty that all those trees were felled for something with such a short shelf life? Now another charity is offering you a way to feel better; through its partnership with Marks and Spencer's **The Woodland Trust** (the largest woodland conservation charity in the UK) is giving you the chance to recycle your cards *and* help to plant more trees across the UK.


✗ All you have to do is collect up your cards, take them to your nearest M & S and put them in the special collection bins; you'll find them in stores in Princes Street, Morningside, Chesser Avenue, Straiton and Ocean Terminal. The

bins will be available until 31st January, and M&S has pledged to plant a tree for every 1,000 cards donated (if your children are at primary school, they've probably accumulated that many single-handed...)




Over the last 19 years the Trust has collected over half a billion Christmas cards and 245,000 trees have been planted; local communities have taken the scheme to their hearts, with thousands of people, including schools, community groups and businesses, clubbing together to collect up their cards. M&S came on board in 2008 and began running the scheme in 2012 – with the Trust still the benefactor. **Dermot O'Leary, Jo Brand, Julia Bradbury, Hugh Dennis and Cerys Matthews** are also backing this year's scheme in a bid to see more trees planted in the UK. Matthews said;

'Just look at the trees, and what they do for us, the oxygen we breathe, the insect, bird and animal life they sustain, they're extraordinary! And you can help the Woodland Trust plant even more JUST by donating unwanted Christmas cards...'

 The Woodland Trust's **Joanne Mathieson** said 'Christmas is a time of year where we think about giving to others and this is great way that your Christmas gesture can keep on giving. Hundreds of thousands of trees have been planted thanks to the generous support of the public – creating beautiful habitats for people and wildlife to enjoy.'

If you're part of a school, business or community group that wants to rally people to collect Christmas cards, you can download a poster and find lots more information on the Woodland Trust's website [here](#).

The partnership with the Woodland Trust is part of **M&S's**  **'Spark Something Good'** campaign to help customers and colleagues make a real difference. **Jenny McPartlin**, Store

Manager at **M&S Edinburgh**, said 'This year at M&S we've been working hard to encourage our local customers to get involved and Spark Something Good – from fundraising, to volunteering, to recycling. Through our partnership with the Woodland Trust the small action of dropping your Christmas cards into a store can help make a big difference in planting trees across the UK.'

✖ Henry Cole's Christmas card was all about giving – to friends, and to those in need. In the 19th century it was common for Christmas and other greeting cards to be recycled by women's service organizations who collected them and removed the pictures, to be pasted into scrap books for the entertainment of children in hospitals, orphanages, kindergartens and missions. Today you can use the cards your friends gave you to create new woodland for future generations to enjoy.

Scotland will not follow the UK in press regulation

There will be no Section 40 equivalent here in Scotland. Unless you have been following the fallout of Leveson very closely, then you will no doubt wonder what Section 40 is.

✖ It refers to the proposal by the UK Government to implement S.40 of the Crime and Courts Act 2013 which would mean that, unless publishers have signed up to a state approved regulator, then they will be liable for the expenses of both sides if sued.

There is only one state approved regulator, IMPRESS, set up with a reported £4 million of funding from the former F1 boss

Max Moseley, who himself has had several run-ins with the press.

The Scottish Government has now declared its hand that it will not legislate in the same way as the UK Government will in England and Wales.

Culture Secretary Fiona Hyslop set out the position following the closure this week of the UK Government's consultation on Section 40.

Some have commented that such a move will be the death of investigative journalism in the UK, and nobody has written a better article about what it all means than Iain McWhirter on his blog [here](#) and which was published in The Herald on 8 January 2017. He explains there is some doubt as to how some newspapers will deal with the position where they are available across the UK in print and online.

Ms Hyslop had previously written to the UK Government to advise them that any such provision would not apply in Scotland and it is for the Scottish Government to determine how to proceed with press regulation north of the border.

Confirming the Scottish Government's position, the Minister said: "A diverse and independent media is vital to sustaining a flourishing democracy. Any movement by the UK Government to action Section 40 must carefully consider potential threats to the health of our democratic life and to the freedom of the press.

"We are committed to ensuring the practices which led to the Leveson Inquiry in the first place do not happen again and we believe that all individuals should have the ability to seek redress when they feel they have been the victim of press malpractice.

"However, the context of press regulation in Scotland is quite distinct from that in England and Wales and section 40 of the

Crime and Courts Act does not apply under Scots Law. We have not introduced statutory measures to incentivise participation in the regulatory system, as has happened in Westminster, and I can confirm we have no plans to do so.

“Despite press regulation being devolved, Scottish local and national media could be impacted by any decision to enact section 40 in England and Wales, and it is my view that the measures consulted on by the UK government would put at risk the viability of much of our independent media, particularly local newspapers, and pose a potential threat to freedom of the press.”

Ice Hockey – Dobron skates in 1,000th game but Capitals go down



Elite League: Sheffield Steelers 5, Edinburgh Capitals 2
Michal Dubron skated in his 1,000th ice hockey game but there was little else to cheer the veteran Czech defenceman who is Edinburgh Capitals' player/coach.

Bottom club Capitals skidded to a 5-2 defeat at third-placed Sheffield Steelers who are chasing a third, straight Elite League title.

Earlier, injury-hit Edinburgh, minus Taylor MacDougall and Jared Staal, held high-flying Sheffield 0-0 after the opening

20 minutes despite being outshot 13-8 but the Yorkshire side then skated to a 3-0 lead after 13 minutes of the middle session.

Their goals arrived from Mathieu Roy after six minutes, John Armstrong two minutes later and Colton Fretter five minutes after that.

Former Capitals defenceman Ben O'Connor assisted in all the strikes but Edinburgh did pull one back when Jaro Hertl netted unassisted on the power play with former Braehead Clan star Zack Fitzgerald in the sin bin for tripping. Time 34min 32sec. The home side's dominance was underlined by the shot count, 20 on Capitals' No 1 Travis Fullerton and ten in reply against Ervins Mustukovs.

And Capitals shocked home fans by grabbing a second, also on the power play, through defenceman Michael D'Orazio with Ian Schultz supplying the ammunition after 49 minutes.

Any hope the visitors had of getting something from the game evaporated when Mike Ratchuk scored just under two minutes later.

And John Armstrong found the empty net with 39 seconds left after Dobron withdrew his netminder to give Capitals six skaters.

Food and drink excellence awards launched by food pioneer

Chef Fred Berkmilller won the inaugural Food Pioneer award 12 months ago and today he launched the Scotland Food & Drink Excellence Awards.

There are 21 categories which aim to showcase the skill,

dedication and innovation of Scotland's producers and they include brewing, distilling, own label and Primary Producer of the Year.

James Withers, chief executive of Scotland Food and Drink, said: "The awards allow us to celebrate some of our best and highlight to the nation and beyond the strength of Scotland's leading industry.

"To grow our reputation even further at home and around the world we must continue to encourage new pioneers within the food and drink industry in this country.

"To further this objective, all awards entrants receive constructive feedback from our panel of expert judges. So, win or lose, our aim is to support the development of all the businesses that enter the awards."



Food Pioneer launches excellence awards.

Picture by Chris Watt

Scottish businesses which have previously been recognised include Mara Seaweed, Ian Macleod Distillers, Graham's The Family Dairy and young SME's such as Magnum Liqueur and Millers Larder.

The event is organised by Scotland Food & Drink and in partnership with The Royal Highland and Agricultural Society of Scotland (RHASS) and the deadline for entries is Friday, 24 February. The headline sponsor is Asda.

Alan Laidlaw, Chief Executive of RHASS, said: "If last year's winners are anything to go by, we are set for another year of impressive entries in 2017 and we would encourage anyone in Scotland producing fine food and drink to get involved."

The award ceremony is at the Edinburgh International Conference Centre (EICC) on 18 May when over 800 people are expected to attend.

Businesses can enter online at www.foodanddrink.scot/events/excellence-awards.

Five Hibs' players in Scotland Women's Under-19s training squad



Scotland Women's Under-19s training squad for their first camp in 2017 has been announced.

Led by head coach Gareth Evans the training camp will start on Friday 20th January at Oriam Performance Centre in Edinburgh, finishing two days later.

Five Hibernian players are included in the squad, namely Cailin Michie, Chelsea Cornet, Amy Gallacher, Ellis Notley and Caitlan Russell.

Spartans' keeper Eartha Cummings is also listed.

Scotland have participated in the Women's U19 EURO finals of 2005, 2008, 2010 and 2014 previously and have their eyes on reach that stage once again.

Between April and June Scotland will take on Switzerland, Hungary, Slovenia, Denmark and Norway in the UEFA European Women's Under-19 Championship elite round.

Goalkeepers

Erin Clachers (Glasgow City)

Eartha Cummings (Spartans)

Rebecca Flaherty (Liverpool)

Defenders

Chantelle Brown (Rangers)

Murron Cunningham (Glasgow City)

Ellis Dalgliesh (Celtic)

Lauren Doran-Barr (Rangers)

Kirsty Fraser (Glasgow City)

Jordan McLintock (Rangers)

Cailin Michie (Hibernian)

Donna Paterson (Aberdeen)

Courtney Whyte (Celtic)

Midfielders

Claire Adams (Rangers)

Chelsea Cornet (Hibernian)

Amy Gallacher (Hibernian)

Brogan Hay (Glasgow City)

Samantha Kerr (Glasgow City)

Shannon McGregor (Aberdeen)

Ellis Notley (Hibernian)

Caitlin Russell (Hibernian)

Forwards

Carla Boyce (Glasgow City)

Lauren Gordon (Aberdeen)

Kirsty Hanson (Doncaster)

Alyshia Walker (Glasgow City)

Scottish Labour leader splits from fiancée



Louise Riddell and Kezia Dugdale arrive at the polling station together in May 2016

Lothians MSP and Scottish Labour leader Kezia Dugdale has split from her fiancée of only six months, Louise Riddell.

The Edinburgh College lecturer announced their engagement on holiday at the beginning of August 2016 in a tweet, and according to reports the couple decided to end their relationship over the Christmas holidays. The Scottish Labour leader had only just announced that she was gay a few months previously.

pic.twitter.com/r8WaS8IeWa

– (((Louise Riddell))) (@Real_Riddell) [August 7, 2016](#)

Ms Riddell has used her social media presence on Twitter and Instagram to support her partner's work in politics and recently the Pink News award that Ms Dugdale received.

A Labour spokesman said: "Kezia and Louise have separated and request that their privacy is respected."

Neal Eardley leaves Hibs for Northampton Town



Neal Eardley has joined Northampton Town following the expiry of his short-term contract at Hibernian.

The right-back, 28, joined Hibs at the end of September from Birmingham City, making his debut a few days after signing against Dundee United at Easter Road.

The Welsh international's only other appearance came as a late substitute against the same side at Tannadice in December, having been unable to displace captain David Gray from the first team.

Eardley started his career at Oldham Athletic in 2006, playing more than 100 times. He also made more than a century of appearances for his next club Blackpool, thirty one of which came during the Seasiders season in the Premier League. After leaving Blackpool in 2013 he joined Birmingham City for three years. Eardley has also won 16 senior caps for Wales.

He told NTFC Media: "The opportunity to play some football attracted me to Northampton. I got a phone call to say there was an opportunity for me to come here and I played in the behind closed doors game on Tuesday and that went well. We managed to get things done quite quickly. I'm here now and really pleased about it and looking forward to the challenge."

Northampton Town Chief Executive James Whiting said, "With Brendan Moloney and Aaron Phillips currently unavailable through injury and Paul Anderson also sustaining an injury last weekend it become a priority to sign a right back ahead of this weekend's game."

This move is subject to international clearance.

A spokesperson for Hibernian said: "We would like to wish Neal

well with his future career.”

Hibs' Football Fans in Training courses for men and women start this month



New Football Fans in Training courses for men and women start this month at Easter Road,

The tenth Football Fans in Training course for men starts on Mon 16th January and runs from 1800 – 1930.

The course for women starts on 30th January and also runs from 1800 – 1930.

Places are going fast and anyone interested can join via the club website.

Fans will train in the concourses and pitchside at Easter Road stadium for this twelve week course, which runs on Monday evenings from 6:00pm – 7:30pm. Football Fans in Training (FFIT) is a FREE course, open to men aged between 35-65 with waist size of at least 38 inches and women aged between 35-65 with a dress size of 16 plus.

The FFIT week plan is delivered by experienced community coaches. Each week will consist of a different physical activity and accompanied by 'classroom' sessions that will help give participants the nutritional tools to maintain long term change. The main aims of the programme are to:

- * Increase knowledge of diet & nutrition
 - * Improve lifestyle choices
 - * Increase physical activity amongst participants
 - * Reduce weight and waist measurements
 - * Increase engagement in other physical activity
-

Police Scotland Youth Volunteers to double in size



Police Scotland Youth Volunteers is the fastest-growing youth volunteer programme in the UK and is so popular that by April this year it is expected to be more than double the size than at the start of 2016.

There are currently 750 volunteers – up by 300 at the start of 2016 – and by April new groups coming on stream will see the number of young people aged between 13 and 18 participating in the programme rise to 1,100.

Over the last year the youth and adult volunteers made a significant contribution to their communities across all of Police Scotland's 13 divisions, and have participated at events such as the Royal Edinburgh Military Tattoo; T in the Park; both the British and Scottish Golf Opens as well as a wide variety of local community events.

In each group there are 24 youths aged 13-18 years old who are from all backgrounds. A founding principle of the PSYV is to

offer a unique volunteering opportunity to young people from all sectors of Scotland's communities.

Aiming for a complement of 25% of young people from more challenging backgrounds, PSYV strives to be as inclusive as possible, and in 2015-2016 achieved well over this target with 32% of new recruits having experienced challenges that distract them on their life journey, with some experiencing more complex issues.

A snapshot survey carried out by an independent evaluator, showed that the young people were more confident at school; more respectful at home; it made them think of the challenges that they might have to face in the future; and applying the life skills learnt through PSYV to be a responsible mature adult.

PSYV Dundee member Jade Heron, said: "Since joining I have become more confident. Before PSYV I could never do public speaking or anything like that. In PSYV you're encouraged / supported to interact with people. Maybe that talent has always been there but PSYV has created the opportunities for that to come out."

Assistant Chief Constable Andy Cowie, National PSYV lead, said: "The volunteering experience offered by the PSYV programme can only be of massive benefit to our young people in whatever their chosen career path may be in later life.

"The level of effort, enthusiasm and hard work demonstrated by these young people is outstanding and their commitment to helping others in their community is remarkable.

"PSYV is undoubtedly a great way for a young person to spend their time and I look forward to the programme continuing to develop and going from strength to strength."

The PSYV programme has established groups in the following areas:

Dundee; Aberdeen; Perth; Fraserburgh; Arbroath; Inverness; Shetland; Orkney; Dundee East; Stornoway; Edinburgh South; Edinburgh North; Alloa; Dunfermline; Levenmouth; Bathgate; East Lothian; Glasgow North; Glasgow East; Paisley; Dumbarton; Cumbernauld; Stranraer; Cumnock and Govanhill.

New PSYV programmes are due to be set up in the following areas in Jan-March 2017:

Moray East; Caithness; Midlothian; Scottish Borders; Falkirk; Kirkintilloch; Campbeltown; Clydebank; Dunoon; Oban; Helensburgh; Hamilton; Shotts; Glasgow South West.

Two men charged with drugs, road traffic and firearm offences



Two men, aged 39 and 28, have been charged with drugs, road traffic and firearm offences following a major police raid.

Officers found a bow and arrow in a Toyota Yaris on Newbattle Road in Dalkeith on Wednesday, alongside diazepam and heroin.

They subsequently searched two addresses in Sixth Street and Ninth Street in Newtongrange, finding 200g of heroin worth around £20,500.

Detectives also found air weapons and other drugs paraphernalia.

Detective Inspector Paul Batten said: "Information from the

public led to the search of the vehicle in Dalkeith, which, in turn, resulted in a significant quantity of heroin being recovered in Newtongrange and I would like to thank those who contacted us to report their concerns.

“Whenever intelligence is received it is assessed and appropriately acted upon and anyone found to be involved in criminal activity, including drug offences, will be robustly dealt with.

“Tackling drug crime is a priority within the Lothians and Scottish Borders.”

Police release CCTV images following Leith Walk attack



Police have released images of a man they wish to trace in connection with a serious assault which took place on Saturday 12th November 2016 outside the Spey Lounge on Leith Walk.

The incident occurred around 1.20am when a 22-year-old man was knocked unconscious and sustained multiple fractures to his head.

Detectives are keen to trace the man pictured within the CCTV footage, who was in the bar prior to the assault.

The man is described as white, of medium build, around 20-25 years old, 5ft 8 – 10ins in height and with short fair hair.

At the time of the incident, he wearing a dark Nike hooded top and blue jeans.

Anyone who recognises the man in the images is asked to contact police immediately.

DC Ryan Lee of Gayfield CID said: "The victim was subjected to an unprovoked and sustained assault during which he suffered multiple fractures to his head.

"The man pictured is believed to be of significance to our investigation and anyone who can assist in tracing him is asked to come forward.

"Similarly we would ask the man himself to get in touch with police and help with our investigation."

Those with information can contact Police Scotland on 101 or the charity Crimestoppers in complete anonymity on 0800 555 111.

Hibernian Ladies start pre-season training ahead of new campaign



Hibernian Ladies have started pre-season training preparing for pre-season matches against Heart of Midlothian, Hamilton Academical, Sunderland and Liverpool, before their defence of the Scottish Women's Premier League Cup begins in February.

Manager Chris Roberts told the club website: "After winning the Scottish Cup, the girls got the rest of November off, then we started training again in December, but it wasn't pre-season training.

"It's just there so that when we come into pre-season training we're not having to do a lot of maintenance work.

"The girls started on Thursday and will be in good condition and ready to go. They keep themselves really fit anyway.

"December is a good month for them to focus on strength and spending a little bit more time on gym work and power training.

"They can increase the number of strength sessions they do because there's not any games at that time of the year. It's just a little bit different from what I grew up getting used to where you take a break and come back in the middle of June for pre-season."

During the close season, Amy Gallagher joined Hibernian Ladies from Forfar Farmington whilst Ellis Notley and Shannon Leishman have been promoted into the first-team for 2017, after coming through the youth ranks.

Roberts continued: "Amy is a player that we've been tracking and following for the last two years now – she's a really exciting player.

"She's done a great job at Forfar, who were really unlucky to get relegated last season. The time was right for her and for us in terms of making the move.

"I would never wish it upon anybody, but I think going through a relegation can grow you as a person in terms of the grittiness, determination and the character building, for me, that is a learning curve.

"She doesn't need to change too much, and that's the beauty of her quality, she loves getting on the ball in the attacking third, she'll just need to get to terms with the way that we play and how we move the ball through the pitch.

"We don't want to bring anybody in on a whim because we've got

an incredible academy at the club.

“When we do bring in a player, it could be at the expense of an academy player, so we do really need to know that it’s the right fit because our academy is really important to us.

“The work that Alfie Smith and Connor Kirkland do with the Development Team is brilliant. It can actually be quite a thankless task sometimes being the “reserve team coach”, but what they both get massively is that they are probably in one of the most important positions at the club.

“We take a lot of pride in our academy and Alfie and Conor deserve massive credit for the job that they do.

“If you look at the cup final, Jenna Fife has come through our academy, Clare Williamson has come through our academy, Siobhan Hunter, Joelle Murray and Kirsty Smith too – so that’s our goalkeeper and back four that all came through our academy.

“Lisa Robertson, Lizzie Arnot, Ellis Notley, Shannon Leishman, Morgan Turner and Cailin Michie all came through the academy too. So easily 60% or 70% of the players in the team have either come through our academy, and it’s something that we are really proud of as a club.

“We want to make sure that we’re not overlooking young players who understand what it means to play for Hibs. We want them to get the opportunity to progress with us and play for the first-team.”